

Beef Tips & Gravy¹⁰

Number of Servings: 10 (191.97 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Beef, top loin strip steak, raw, select, 1/8"
1/3	cup	Onion, yellow, fresh, chpd
1/4	tsp	Spice, pepper, black, ground
2 1/2	cup	Water, tap, municipal
4 3/4	Tbs	Cornstarch
3/8	oz	Base, soup, onion, 0507, FS
3.20	oz	Water, tap, municipal

Nutrients per serving

Nutrition Facts	
Serving Size (192g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 200mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Brown the stew meat. Add onions and seasonings. Add first measure of water to meat and simmer covered 45 min or longer until meat is tender (may take a 1-2 hours). Mix cornstarch and second measure of water and stir until smooth.

Add to meat while stirring and cook until thickened.

Serving = 1 level #8 scoop (1/2 cup) of beef tips and gravy

1 Serving = 0 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds or higher. Will need to simmer to tenderize meat

Holding :

- Hold for hot service at an internal temperature of 165 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.

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Notes

Buy the number of pounds of beef stew meat noted above. Actual stew meat not found in ESHA program.

2 beef bouillon cubes (910 mg sodium each) may be substituted for the onion soup base for each 10 servings the recipe makes (1 beef bouillon cube for each 5 servings instead of the onion soup base).